

COMPARISON OF EFFECTIVENESS OF HIORA SG GEL WITH
TRIAMCINOLONE ACETONIDE GEL IN RECURRENT APHTHOUS
STOMATITIS: A RANDOMIZED DOUBLE BLIND CONTROLLED CLINICAL
TRIAL

ABSTRACT

Background: Recurrent Aphthous Ulcer (RAU) or Recurrent Aphthous Stomatitis (RAS) is one of the common oral diseases seen among the general population. Due to its uncertain etiopathogenesis, only symptomatic treatment can be given if clinically present. Therefore management of the lesion is to control the active disease locally to reduce pain and thus reducing the frequency of remissions. Topical and systemic steroids, antibiotics, cauterization and laser therapy are the current treatment options available that have many local and systemic adverse effects. In this study, the effectiveness of HiOra SG Gel is compared with triamcinolone acetonide gel in managing recurrent aphthous stomatitis.

Aim and objectives: The aim of the present study was to compare the efficacy of HiOra SG gel with triamcinolone acetonide gel in recurrent aphthous stomatitis.

The objectives were:

1. To assess ulcer severity on 1st, 5th and 10th day using ulcer severity score in individuals using HiOra SG gel.
2. To assess ulcer severity on 1st, 5th and 10th day using ulcer severity score in individuals using triamcinolone acetonide gel.
3. To compare the efficacy of HiOra SG gel and triamcinolone acetonide gel using ulcer severity scores.

Materials and methods: Sixty individuals with the clinical diagnosis of recurrent aphthous stomatitis were taken in the study and were randomly divided into Group I HiOra SG gel and Group II 0.1% Triamcinolone acetonide ointment (Oraways). All the individuals were advised to apply the medications topically over mouth ulcers after meals for a period of 10 days. The clinical findings were evaluated as Ulcer Severity Scores on 1st, 5th and 10th days and the results were compared.

Results: There was statistically significant reduction in the mean pain intensity scores, pain duration and total ulcer severity scores in both the groups (p value <0.001). However, no significant differences between the two groups after the treatment were observed between HiOra gel group and triamcinolone group.

Conclusion: The results of the present study validate the efficacy of HiOra SG gel in the management of recurrent aphthous stomatitis when compared to Triamcinolone acetonide gel (0.1%). No adverse effects were reported by any of the patients after using HiOra SG gel in this study. Hence the results of the present research show that this polyherbal formulation can be used as a safer and effective alternative medication to topical corticosteroids, which is being used as an extensive medication for the management of this condition. In future, we need more researches with increased sample size to substantiate its effects.

Key words: Aphthous, Stomatitis, Polyherbal formulation, HiOra SG gel, Triamcinolone, Severity score